

clarke college COURIER

FEBRUARY 9, 2007

dubuque, iowa

Vol. LXXIV Issue No. SIX

campus life



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message?

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Sunshine" getting
rave reviews

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High: 15
Low: -5

Clarke set to decide on new mascot

sarah bradford
sports editor

The final stages of finding a new mascot for Clarke are in order. Clarke's director of marketing, Jamie Specht, spoke at the first Student Athletic Advisory meeting in January to discuss Clarke's future identity.

"It will be an opportunity for us to get something that represents us, something new," she said. "It's very exciting."

Out of the 1,000 people surveyed about the mascot last semester, 600 responded. The number of people who wanted to see a change in the mascot strongly outnumbered those who did not want change.

While picking a mascot there are three key areas to keep in mind: faith, heritage and location. For example, Specht says since we are a school with Irish roots, we could be the Clovers, or because Dubuque is located on the river, we could be something like the Rivercats. These are all things that the marketing department is considering.

Right now 27 colleges are the Crusaders. One of the questions to

keep in mind is should we stay a Crusader or be something completely different? With that in mind, most of the students are excited about the changes being made.

"We are rebuilding with the new conference so we should be rebuilding with the new mascot as

"It will be an opportunity for us to get something that represents us, something new."

well," said sophomore special education major Dani Carter.

Some feel a new mascot will get more people involved with the games because it would be able to interact with fans, parents and cheerleaders, which Specht says Clarke needs.

"I like being a Crusader but it's bad that our mascot is a flag," sophomore kinesiology major Mariah Bolin said. "We have nothing to get excited about."

Contrary to what most people think, getting the anticipated new mascot will not be that expensive. Out of all of Clarke's athletic uniforms, only one has the name "Crusaders" on it and the basketball court floors are going to get re-done anyway. Otherwise, the only things that would need to get changed are the Crusader Café name and the basketball chairs.

The committee for picking a mascot started off as four people who decided that we do need a mascot. Now students are coming in to play. On Feb. 11 Specht will meet with the Clarke Student Association to hear what other students besides athletes have to say. Then the choice will be narrowed down to three mascots plus the Crusader and the voting on campus will begin.

If you have any suggestions, attend the CSA meeting or contact Jamie Specht by e-mail. She said she is open to any ideas or thoughts.



Graphic by Paul Kurutsides

New bill cuts student loan interest rates in half

chelsea theisen
editor

A college education is now one step closer to affordable for students. On January 17, Iowa Rep. Bruce Braley of the First District of Iowa voted to make college tuition more affordable for working families by cutting in half the interest rates on federally subsidized undergraduate student loans.

H.R. 5, the College Student Relief Act, was passed in the House with an overwhelming majority of votes, 356-71. H.R. 5 would cut interest rates from 6.12 percent to 3.40 percent over the next five years for undergraduate students with federal subsidized loans.

"Without the benefit of subsidized student loans, I would not have been able to complete college," said Braley in an interview with the "Courier". "And as a parent sending children to college today, I understand how much college tuition costs have increased since my college days."

The average debt for a college student in Iowa receiving a subsidized loan is nearly \$14,000. This bill will save over 53,000 Iowa college students receiving subsidized federal student loans thou-

sands of dollars over the lives of their loans.

"The opportunity to attend college should never be denied to a child because his or her family can't afford the cost of tuition," said Braley. "This bill will bring much-needed relief to Iowa families sending children to col-

lege."

An Iowa student starting college in 2007 would save \$2,300 over the life of his or her loan. An Iowa college student starting college in 2011 would save \$4,460 over the life of his or her loan.

"I am proud to see Congress stand up for our future and our families by passing this bill, and I urge the Senate and the President to swiftly pass this bill into law," said Braley.

In addition to his effort to pass the H.R. 5, Rep. Bruce Braley has also announced his new congressional and district internship program.

"I'm very excited about providing students the opportunity to learn more about the legislative process," said Braley. "The hands-on experience an intern will receive at the district of congressional office is a critical component to understanding the responsibilities and efforts of our national government."

The new internships are available during the fall and spring semesters as well as in the summer.



<http://www.braley.house.gov/>
Iowa First District Rep. Bruce Braley

How to apply....

Applications for the new internships in Congressman Braley's office are available at his Waterloo and Davenport district offices, or his D.C. Congressional office. Contact information for these offices can be found at www.braley.house.gov or by contacting the Intern Coordinator, Nicole Buseman, at 202-225-2911. The summer application deadline is April 1 and the fall application deadline is on a rolling basis through August 2007. All applications should be submitted to Braley.Internships@mail.house.gov or faxed to 202-225-6666. You can also e-mail Chelsea.theisen@clarke.edu for a copy of the application and more information.

The Way I See It



Hello everyone, welcome back! I hope that you all have gotten off to a great start. I am back for another semester, giving it to you “the way I see it.” I know the season for New Year’s resolutions has just passed, but I’d like to put

something else on your minds. In this first "Courier" of the new year I would like to discuss with all you, the importance of loving yourselves.

When you love yourself, you don't carry a deep need to be accepted. You don't need to tear others down in order to build yourself up. The way you carry yourself speaks to people. There is this inner strength and confidence that people see in you. It's almost as if you're glowing and those who don't have the glow envy you and wish that they too loved themselves. You are like a brick wall. Negativity bounces off of you. Transgressors have no clue why they can't hurt you.

Those who don't understand your love wonder how you can be so patient and let others "walk all over you." But to yourself you're laughing because you know that they have not won the battle. You're still breathing, smiling and living your life like it's golden.

When you love yourself, you know who you are. You don't let the thoughts and actions of others transform you into something that you're not. You love yourself so much that you won't allow them to sabotage all that

you've accomplished and become. You refuse to let someone else dictate to you whether you're good enough, beautiful, ugly, fat, skinny, smart or dumb. You know that beauty encompasses so much more than physical features.

When you love yourself, you are honest with yourself. You acknowledge your own shortcomings and figure out ways to improve. You take the criticism that is meant to hurt you and make it constructive. You don't allow it to break you, but you weed out the truth from the lies and use it to become a better person. You surround yourself with people who are positive and encouraging. People who you can identify with and be each other's strength in the time of weakness.

When you love yourself, you have self-respect. You are mindful of your actions and conduct yourself in an orderly fashion. You don't do these things because someone is watching you, but because it's what comes naturally to you.

I must warn you, though, that when you love yourself, some people will seize the opportunity to try and steal your joy. However, have mercy on them. For they have not mastered the art of loving themselves; therefore, they aren't capable of loving others. Don't let Dec. 31, 2007 sneak up on you and find you with the same bad habits, grudges and negative attitudes from previous years. Use this year as an opportunity to start over. Start loving and respecting yourselves and the rest will follow.

ASK ANYTHING

ashley zaehring
ad manager

Have you ever had one of days when you just wish you had *someone* to talk to? So have we. So ask us anything....

QUESTION:

It feels like this semester I've been so busy with homework and everyone needs me for something. I don't have time for myself, or more importantly, to watch "Grey's Anatomy"! How am I supposed to do all this stuff and have some free time for myself? — stressed out Grey's fan



Photo by Spencer Tylin

ANSWER:

Well, it sounds like you have a lot going on! First of all this is a normal feeling for a lot of college students, especially after a long break. A certain amount of stress is okay and is actually normal, but too much stress may lead to mental and physical complications. Some of the most common signs of stress are headaches, anxiety, frequent colds and the inability to sleep.

One of the top ways to prevent feelings of stress is to think positively and surround yourself with people who think the same way. Take time for yourself and find activities to relax and de-stress. Another thing to remember is that it's okay to say no. Everyone understands that people have limits to the amount of things that can be piled on top of their already busy schedules. And lastly, don't forget to laugh! Get a group of friends together to watch "Grey's Anatomy," and have fun doing it. Commercial breaks are great opportunities to remember how much you enjoy your friends company.

Note: Answers to questions are formulated in consultation with the Clarke College Counseling Center. For further information on this topic contact the Counseling Center at ext. 6571.

clarke courier

From the Editors...
Chelsea Theisen & Gwen Hayes



Hello everyone! Welcome back to another exciting and fun-filled semester at Clarke. The "Courier" will be here keeping you updated on the latest and greatest happenings on campus, in Dubuque, and nation-wide.

Students, faculty and staff, our paper is your paper. We would love to hear from you about your opinions or responses to anything you read in the "Courier." Send your letters to the editors to: Chelsea.Theisen@clarke.edu or Gwen.Hayes@clarke.edu

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The *Courier* is a student-produced newspaper for the Clarke community. Opinions expressed herein do not necessarily reflect the opinions of the faculty, staff or administration of the college. The *Courier* welcomes input from members of the Clarke community. Please send comments to MS 1801, Clarke College. Letters must be signed and may be edited for content and length. The *Courier* is a member of the Associated College Press.

FEBRUARY 9, 2001

Clarke au
tim teliszcak
staff writer
the au

Many people in the au were taken aback when they were told die away they were told die work. Stop dieting: That is how Deanna Latson, a ly certified nutritionist, began her cation on nutrition to a packed Music Hall on Thursday, January Latson explained diets are da rob one's body of energy, and to eating disorders. Her pres titled "Eat Right. Feel Good. Great!" focused on how people ply change their everyday eating from unhealthy to healthy.

“Diet soda is not a alternative to regular because that too is ba you.

LaiSon began by telling how her habits and her family influence she did with her college education her health. She explained that it was her eating habits not what should be, but her father's health suffering as well.

She decided that she would do something about it and told herself she would dedicate the rest of her life and time to helping herself, her father and educating others.

She said cutting dairy products from one's diet can greatly increase



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CAMPUS LIFE

Clarke audience gets taste of nutrition

tim teliszczak
staff writer

Many people in the audience were taken aback when right away they were told diets don't work. Stop dieting:

That is how Deanna Latson, a clinically certified nutritionist, began her presentation on nutrition to a packed Jansen Music Hall on Thursday, January 25.

Latson explained diets are dangerous, rob one's body of energy, and can lead to eating disorders. Her presentation titled "Eat Right. Feel Good. Look Great!" focused on how people can simply change their everyday eating habits from unhealthy to healthy.

"Diet soda is not a better alternative to regular soda because that too is bad for you."

Latson began by telling how her eating habits and her family influenced what she did with her college education and her health. She explained that not only were her eating habits not where they should be, but her father's health was suffering as well.

She decided that she would do something about it and told herself she would dedicate the rest of her life and education to helping herself, her father, and educating others.

She said cutting dairy products from one's diet can greatly increase one's

health, given that there are healthier soy and rice alternatives.

"I thought Deanna was an amazing speaker," said Jodi Langel a senior athletic training major.

"I never knew so many of our eating habits were so bad for us, especially dairy, which stinks because I am from the ice cream capitol of the world, Le Mars, Iowa!"

Latson said, "Eating a plant based diet is one of the healthiest things you can do for yourself because meat has very harmful effects on the human body. Eating a steady diet of meat can result in heart disease, cancer, strokes or osteoporosis."

Nate Komoroske, a junior business finance major, said, "I thought the presentation was great. I was very surprised by many of the facts in the presentation especially that meat has such harmful effects on one's body."

Latson explained that people do need their calcium, but can get it from food sources other than milk such as salads, raw nuts, oranges, and broccoli.

She added that pop is extremely poor for one's body, something most in the audience could relate to.

"Dehydration is the number one reason for daytime fatigue, and water is the best thing one can drink," said Latson. "Also diet soda is not a better alternative to regular soda because that too is bad for you."

Latson concluded her presentation by listing some things people can do to be healthy.

- These include:
- limit animal products
 - watch out for processed sugar
 - limit caffeine
 - drink lots of water
 - try vegetarian meals
 - define healthy to yourself
 - take quality supplements
 - eat ethnic foods
 - eat whole grains



After taking nutrition speaker Latson's words into consideration, senior kinesiology major Javier Lopez decides to eat apples over chips.



Top 10 worst Valentines gifts of all time

10. plastic flowers
9. cleaning supplies
8. velvet painting
7. deodorant
6. anything from a gas station
5. breath mints
4. hair remover
3. exploding candy
2. ripple
1. NO GIFT AT ALL

courtesy of hicards.com

On The Street

by Liz Korzeliak
"Courier" pr manager
photos by Mike Dalsing
staff writer

What is your favorite sweetheart candy message?



"FAX ME"
— It's too funny!

Dan Edgette,
senior nursing major



"DREAM ON"
— I haven't found a guy worth giving a sweetheart to!

Elizabeth Kustus, sophomore
philosophy and
psychology major



"LOVE MY TEAM"
— It fits my personality. I love all my teams, at Clarke, home, and in the classroom.

Tricia Pitz, director of web
development



"I LOVE YOU"
— It's all about the love!

Anthony Zeimet,
junior art major

clarke courier

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CAMPUS LIFE

Cammie Dean: Out of the office and onto the stage

justine ehlers
arts etc editor



Cammie Dean, Clarke Director of Student Life
photo by Paul Kurutsides

"I have a dream, that one day my four small children will not be judged by the color of their skin, but by the content of their character." Words uttered so long ago by a man who now lives only in our history books, but we still have them ringing in our ears. Even more so with February being Black History month, Dr. Martin Luther King's name is heard inside many classrooms across the nation.

However, learning about black history is not limited to the classroom. For instance, Clarke's own director of Multi-Cultural Student Services and Student Life, Cammie Dean, is involved in a community theater production of the 1950 classic play about black family life, "A Raisin in the Sun."

"While Dubuque has always been known for its great community theater, there hasn't been a large selection of African-American actors, and they were desperate, that's when they called me," Cammie said with a laugh. She was asked to audition for a part in the play, which she did along with her daughter Viola.

This play, originally directed by Lloyd Richards, the first black director on Broadway, is the first serious portrayal of an African-American family trying to maintain dignity in a world that looked down on you for your skin color. Written in 1958 by Lorraine Hansberry, the first black woman to write a play to be produced on Broadway, the play opened the theater to African Americans and opened the minds of white theatergoers. The play shows the hardships encountered by the first African American family to move in to an all-white neighborhood on the South Side of Chicago.

Cammie is playing the part of the grandmother and her daughter Viola is playing the part, while not happily, of the youngest son. "Viola loves to act, she's had a few speaking roles before, but she's not very excited about acting like a boy," said Cammie.

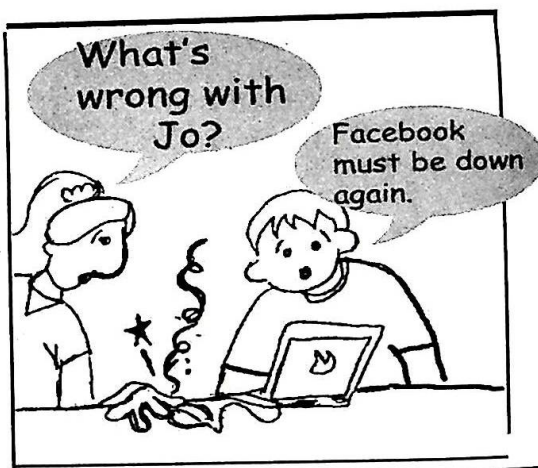
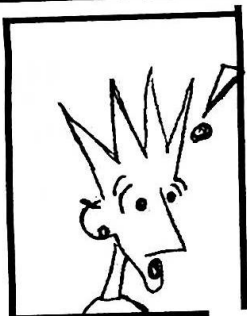
Also on campus we have two students planning activities in honor of Black History Month. Communication major Ebonee Shaw is planning a program in which students will portray characters living through significant moments in

...they were desperate, that's why they called me.

black history such as the Harlem Renaissance, the Civil Rights movement and the Underground Railroad. Steve Wilson, kinesiology major, will be doing a similar program at the end of February in which the people who inspired the events in black history are given the recognition for all that they contributed to society.

"I have a dream," said Martin Luther King. It is these dreams of the past that give us the opportunity to dream of a future of freedom in society for everyone no matter what. So take the time to enjoy what Clarke has to offer surrounding events that affected all of our lives.

BEN, Jo,
& FRAN



jenny domine
contributer

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clarke courier

Don't miss the Career Extravaganza

gwen hayes
editor

Career Extravaganza is an opportunity for students to talk face to face with potential employers in many different fields and graduate programs. It will be held on Tuesday, February 20, 2007 2-5 pm at Loras College Alumni Campus Center.

This event will include Clarke, Loras, NICC and UD students and 85 employers from the Dubuque area, national companies and representatives from graduate schools. For a listing visit www.clarke.edu/career/extravaganza

"This event is a wonderful opportunity for students," said Julie Welter, Director of Career Services at Clarke. "Oftentimes students think that they don't need to attend the event until they are upperclassmen about to graduate. This is not the case. Representatives will be sharing information about internships, part-time and summer jobs, as well as full-time jobs and graduate school opportunities for seniors. This is a great networking event and a way to see what career opportunities are available."

Career Services has a few tips to prepare for the fair. Before going into the event, you should know your goals and strengths; develop a one-minute introduction which includes your name, major and date of graduation. Remember to bring copies of your resume to share with employers.

Keep in mind that this is a professional event. Career Services recommends that seniors, in particular, wear suits. For others, suits are recommended, but business casual is acceptable. It is important to look your best because first impressions are important to your future career path.

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Com

megam moon
contributor

Sixty composers, 23 states
four days, and one world-re
This is what the Society
Conference to be held at
22-25 will consist of.

Composers from around
converging on the Midwest
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several states in between.
not only features composers
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Senior music major Zane M
music hobbyist Sean Moon
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part of the conference.

Clarke associate professor
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ARTS Etc.

Composers to gather at Clarke

megan mooney
contributor

Sixty composers, 23 states, eight concerts, four days, and one world-renown conductor. This is what the Society of Composers Conference to be held at Clarke February 22-25 will consist of.

Composers from around the country are converging on the Midwest for this conference. Both coasts will be represented as well as several states in between. The conference not only features composers from across the country, but includes Clarke students as well. Senior music major Zane Merritt and junior music hobbyist Sean Mooney have both had compositions chosen to be performed. Only four undergraduates were selected to be a part of the conference.

Clarke associate professor of music Amy Dunker has been an active member of the Society of Composers so Clarke, one of the smallest schools to host this conference, was chosen to host the Region V conference for 2007.

A call for scores was sent out to composers in the SCI, or Society of Composers, Inc. After receiving pieces from the composers, music faculty from several different institutions reviewed the scores to determine which pieces would be performed at the conference.

Some of the composers will bring groups with them from their own institution to perform their pieces. Ensembles from around

the region were asked to perform other compositions, including choirs from Clarke, Loras College, the University of Dubuque and the Edgewood College Women's Choir. Other performers from the region include the Dubuque Symphony Orchestra Chamber Ensemble, Dubuque Trumpet Ensemble, Julien Chamber Choir, Clarke New Music Ensemble, and both the Clarke Clarinet and Flute Choirs.

Several Clarke music faculty members will perform along with a number of Clarke stu-

“Non music majors should attend to open their eyes to new music besides the genre heard on radio”

dents. The students are all music majors and include Matthew Boleyn, Kristy Boysen, Ben Drury, Kristin Purcell, Zane Merritt, Chris Murray, and Kaylea Schwendinger.

Over the four days there will be eight concerts and five paper presentations, starting on Thursday night. A presentation on an instrument of Ancient Egypt starts off the conference Thursday night at 7. Brendon McConville from Rutgers University is making a presentation on his doctoral dissertation. Justin Merritt is presenting a paper that will be published in the “Perspectives of New Music Journal” this spring.

A world-renown conductor will be coming to Clarke as part of the conference to teach a conducting master class. Stanley DeRusha has conducted orchestras across the world and has earned the respect of many recognizable composers. He currently is a professor of music at Butler University and conducts both the Indianapolis Chamber Orchestra, and the Pro Arte Chamber Orchestra.

DeRusha has also held frequent conducting engagements in Chile, Uruguay, and Columbia. He has received an award, the Orden de la Libertad, from the Colombian government for his contribution to music. DeRusha will be holding his master class on Friday from 4 until 7 p.m. During this class, he will watch students conducting and then work with them to create more expressive and improved techniques.

Junior music education major Kristin Purcell attended the SCI conference last year at Butler University in Indiana along with the New Music Ensemble. She said it was three days packed full of music, and it was a good opportunity to get to meet and talk with modern-day composers. She liked the community of musicians that she met and thought it was a great place to establish connections with composers.

Kristin said non music majors should attend this conference because it would be a good experience to open their eyes to new music, and will expose them to some different kinds of music besides the genres heard on radio.



Conductor Stanley DeRusha will conduct a master class at the composers conference later this month at Clarke.

The conference of the Society of Composers is a fusion of both a national and regional perspective with composers and performers from across the country. It will be a weekend packed with music-- in concerts, paper presentations, and a master class with an inspirational conductor.

Everyone's having a 'Picnic'

Clarke theatre department presents '50s classic

stephanie klein
staff writer

To those in the younger generation caught up in their 21st century lives relating to those who lived more than a half century ago can seem difficult at best. However, we're not that different at all as the themes of the play 1950s classic "Picnic" resonate in our own lives: loneliness, heartache, desperation, and the unpredictable nature of love.

When William Inge wrote "Picnic" in 1953, critics and audiences alike raved about its portrayal of small-town dynamics and its realistic characters; Inge even won the Pulitzer Prize for his play. Now this award-winning piece will be performed at Clarke February 22 - 25.

“Such popular figures as Elvis and James Dean reflected the rebellion that many young people unmistakably felt.”

"Picnic" takes place in 1950s society, a time when the values of United States' youth were shifting.

"After World War II a facade of clean living was created, but the youth were passionate to break free," said director Joe Klinebriel, assistant professor of theatre at Clarke. "Such

popular figures as Elvis and James Dean reflected the rebellion that many young people unmistakably felt."

The central character of the play, Madge, is an 18 year old from a small town in Kansas. Junior drama/speech major Abby Schultz portrays Madge. Madge feels her life lacks excitement as she is in a boring relationship with a steady, well-to-do college boy who her anxious single mother approves of.

When Hal, a handsome drifter played by senior drama/speech major Brandon Running, appears on the scene, Madge instantly feels pulled toward him. Their budding relationship takes Madge on an emotional roller-coaster ride.

Another character is Rosemary, played by junior drama/speech major Brigid Kelley. A boarder at Madge's mother's house, she yearns for a relationship as her biological clock is ticking.

"I really like this character. She has a sense of desperation that allows the audience to empathize with her," said Klinebriel.

Adding a unique, personal touch to the play is Zane Merritt, a 2006 music graduate of Clarke. He has created an original guitar score that plays intermittently throughout the production. Taking the themes to heart, Merritt infuses an outwardly light-hearted dance scene with chords of dissonance that represent the loneliness and desperation of the characters.

Because the themes of "Picnic" are so uni-



versal, it's a play that everyone can enjoy.

From left: Senior Brandon Running, senior Mike Link, sophomore Valerie Heitzman, junior Brigid Kelly, and senior Melissa Dahle rehearsing for Clarke's upcoming production of "Picnic."

Photo by Paul Kurutsides

"You take the journey that Madge goes on," said Klinebriel. "Picnic" will be performed at 8 p.m. Thursday, Feb. 22 through Sunday, Feb. 25 in Terence Donaghoe Hall. Tickets are \$10 for adults, \$7 for seniors and \$5 for non-Clarke students; admission for Clarke students is free.

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Gettin' "Muddy"

heather haas
staff writer

Dubuque will draw in the talents of 38 skilled artists with 42 ceramic forms from eight of the 10 states that border the Mississippi River for a competitive art exhibit February 8-March 8. There hasn't been a competitive art exhibit of this nature in Dubuque since the early 1970s. "Big Muddy," which will be in the Quigley Gallery at Clarke, was named after the beauty of Dubuque and the river.

"I'm really excited to have this exhibit of new and diverse ceramic sculptures happen in Dubuque at Clarke College," said Doug Schlesier, art professor at Clarke.

The exhibit was created

when two ceramists, Delores Fortuna and Bill Farrell, from Galena came up with the idea of combining a competitive ceramic art exhibit here in Dubuque with another art exhibit. The city of Dubuque contributed funding for the exhibit. "Big Muddy" follows "The Legacy and Innovation in Contemporary Clay" exhibit at the Dubuque Museum of Art, which closes the day "Big Muddy" opens.

Scott Lammer, Clarke art alum, is one of the Tri-state area residents participating in the "Big Muddy" exhibit. Other Clarke students have been very involved in the preparation of the exhibit. Annie Mormann designed the graphics: the logo, posters, flyers, and T-shirts, and many students will host the artists and help set up the exhibit.

This is the first year for such an opportunity, and there are hopes of turning this kind of exhibit into an annual event. "This event brings to Dubuque, some of the latest ideas related to ceramic arts," said Schlesier. There will be a free reception open to the public on February 11, where there will be a chance to meet and mingle with the artists.

In addition, nationally known artist Ron Meyer will host a ceramic workshop on February 12 that is open to the public from 9 a.m. until 3 p.m. in the Clarke Atrium. There will be an opportunity for lunch, buying of T-shirts, and time to visit with the artist.

"This juried exhibition and the accompanying workshop by Ron Meyers present a unique opportunity for art students and artists in the Dubuque area to experience first hand styles and techniques that demonstrate some of the exciting and innovative approaches to working with a truly marvelous material," said Carmelle Zserdin, associate professor of art at Clarke.



Jenny Harms, junior and Anni Bennett, sophomore, hang a high horse as part of the "Big Muddy" ceramics exhibition.

THIS MONTH IN REVIEWS

jake trowbridge
a&e editor

Incubus - "Light Grenades"

"Light Grenades," the latest release from alt-rock innovators Incubus, sheds some light on the growth process that the band has been pursuing since its crossover to the mainstream. One part soft balladry, three parts galvanized melody, this album should appeal to both fans and acquaintances alike. Each song attempts to recapture elements of the band's past successes while still bringing something creatively different to their listeners.

However, some of the outright rockers, such as the opener "A Kiss to Send Us Off," seem downright counterproductive. It's the equivalent of a three-minute crotch-kicking contest between the drummer and the lead guitarist. Fun, but not very appeasing to the ears.

But, all in all, this is a solid progression from the band's previous effort, the politically-charged "A Crow Left of the Murder." It sounds more like a cohesive album than just an amalgamation of songs spliced together. And more importantly, it could very well be the best all-around album from Incubus yet.

Highlights include "Dig," "Paper Shoes," "Diamonds and Coal," and the lead-off single "Anna Molly."

Little Miss Sunshine

Do you think that you have a dysfunctional family? Think long and hard about your last family get-together. Was your uncle staring glumly into space while your mother tried to explain to you the reason his wrists were bandaged? Did your brother not utter a single word because he had taken a vow of silence? Did dad spew out his "9 Steps to Success" at every given opportunity? Was Grandpa cussing like a sailor in between shooting up with heroine? No? Well then you have nothing on Olive (Abigail Breslin), the young focus of this manic film. "Little Miss Sunshine" tells the tale, with a few detours, of a little girl's dream to win a beauty pageant.

But this movie is less about the story and more about the characters involved. Whether focusing on the "wish I would've" attitude of the delightfully gruff Grandpa (Alan Arkin) or the "can-do" attitude of the pushy father (Greg Kinnear), "Little Miss Sunshine" takes the time to make you care for its cast and the misfortunes that they encounter on their way to California. In an unexpected role, Steve Carell shows that he has more in his acting repertoire than an odd sense of humor. He is the clear stand-out in this ensemble cast of flawlessly delivered portrayals from a fault-ridden family.

Michael Arndt did a great job of crafting a script which walked the balance beam of humor and emotion without teetering too far into unbelievability. If you finish watching this film and still consider your household to be dysfunctional, this reviewer can only assume you belong to the Manson family.

5 stars (out of 5)



Oscar Nods

Aside from being nominated for two Golden Globes, "Little Miss Sunshine" is up for four Oscar nominations. Will "Little Miss Sunshine" turn out to be the little film that could?

Best Picture

Best Supporting Actor

Best Supporting Actress

Best Original Screenplay

Theatre department attends festival

morgan richardson
staff writer

Eleven Clarke students attended the week-long regional American College Theatre Festival in Ames Iowa. Students and faculty participated in workshops to prepare students for theatre performance. Eight colleges were invited to perform scenes from recent productions. Clarke presented last semester's production of "The Playboy of the Western World," written by J.M. Synge, and performed by theatre majors Melissa Dahle, Valerie Heitzman, and assistant drama professor Joe Klinebriel. "It was nice to meet students with the same ambitions," Dahle said of the interaction with students from other schools who participated in the festival. Ellen Gabrielleschi, associate professor of drama/speech, was awarded a Meritorious Achievement Award for her set design for the Clarke play and Klinebriel was nominated for the Actors Center Summer Training Workshop Fellowship.



	Emily Rossini sophomore chemistry/PT major	JC Weber sophomore business/pre-law	Don Marxkors sophomore psychology major	Justine Pesko senior social work major
What's your favorite magazine?	"Cosmopolitan"	"Eurosport"	"Sports Illustrated"	"People"
What CD is currently in your stereo?	Rascal Flatts	Clipse	T.I.	Usher
What TV show are you addicted to watching?	"24"	"Rob and Big"	"Two-a-Days"	"That 70's Show"
What was the last movie you've seen?	"Step Up"	"Smokin' Aces"	"Alpha Dogs"	"Jackass 2"

FEBRUARY 9, 2009

SPORTS

Defense wins championships?

spencer tylin
staff writer

I won't start out by stating basically what everyone already knows; that the Colts' won and the Bears blew it.

The game started off really well for Chicago when Devin Hester, for the first-time in Super Bowl history, returned the opening kick-off for a touchdown.

That wasn't the only Super Bowl first that occurred. It was the first time for not only one, but two African American head coaches to be in the big game. Tony Dungy and Lovie Smith made history by breaking this barrier last Sunday.

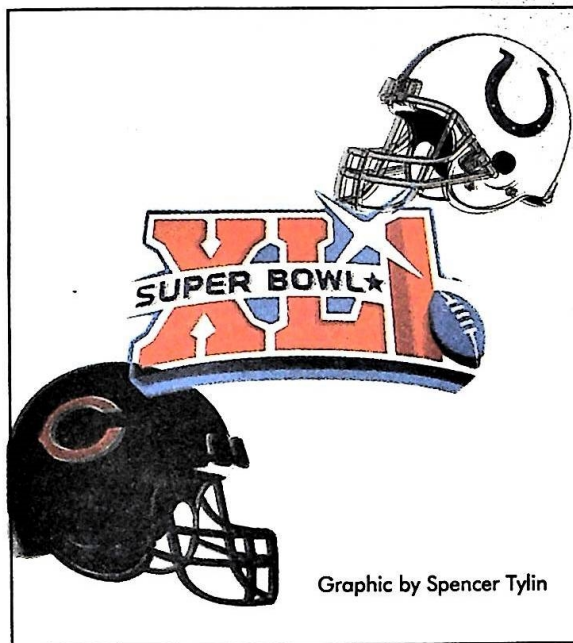
It was the Colts' first Super Bowl win in 36 years, and the Bears' first appearance in 21 years.

This game was set up by the media to be a battle of the quarterbacks, however there was not much of a battle. The Colts' quarterback Peyton Manning played very well, completing 25 of 38 passes, threw a touchdown and was named Most Valuable Player. Chicago quarterback Rex Grossman, on the other hand, had what has become a typical game. He threw two interceptions along with two dropped snaps.

The Colts' defense, which has been poor throughout the regular season, played at a new level throughout the play-offs and carried the Colts into the Super Bowl with the help of University of Iowa graduate Bob Sanders who had one Super Bowl interception. The game had a total of eight turnovers, three from the Colts and five from the Bears.

The abnormal amount of turnovers could be due to the fact that normally sunny Miami, where the game was played, had steady rainfall throughout the game.

"Getting it from center was the only tough part about it; it would slide off my hands," Grossman said during his press conference after the game. "Once I got a hold of it, I could throw it fine."



Graphic by Spencer Tylin

Even being the Bears fan I am, I still enjoyed the Super Bowl, mostly because of the commercials. My favorite was aired in the first quarter and was from Anheuser-Busch. Two guys reaching for the last beer agree to a game of rock, paper, scissors to decide who gets the beer. On three,

one guy throws a rock and hits the first guy in the head knocking him to the ground. The guy on the ground says, "I threw paper." The other guy says, "I threw a rock," then walks away with the beer.

Super Bowl Sunday has turned from a three-hour football game into a five-hour entertainment extravaganza, including the half-time show. First off, it was Prince. So I changed the channel, and watched the Puppy Bowl on Animal Planet to save myself.

I know the NFL and CBS don't want another repeat of the infamous Janet Jackson and Justin Timberlake situation, but I think that they need to change something to keep viewers from changing the channel during half time. They have a five second delay for the Super Bowl, so why can't they allow someone under 40 to play during half time?

But I guess the NFL did something right because they did score the third highest rating in television history with 93.2 million people tuning in. The game came in behind the 1996 Super bowl and the M*A*S*H series finale.

All in all, the Super Bowl is a trademark for American society and this year's was really no different from all the others. "The better team" came out on top, records were broken, and now at least, we can look forward to baseball season.

Consolation: A poll done by sportsnation.com voted the 1985 Chicago Bears the best Super Bowl team of all time.

The Next X Games All-Stars
Clarke students take snowboarding/skiing classrachel ward
back page editor

Tired of sitting in what seems like endless classes staring at books that you might never look at again? Clarke is offering an alternative to the mundane classroom. There is now a class to teach students how to ski or snowboard that meets at Sundown Mountain Resort once a week.

The class, downhill skiing/snowboarding, takes place on Tuesday nights from 4-6:30 p.m. Right now there are 10 students enrolled, compared to the three that went through the class last spring.

Colleen Edwards, director of Clarke's kinesiology department, is supervising the class. She taught the first class, which was conducted in a classroom; now the staff at Sundown teaches the students.

For a one-time payment of \$160 students can ski from the start of their class on Tuesdays at 4 p.m. until 10 p.m. the same night. This continues from the beginning of the spring semester until the end of the class on March 10.

"I took the class because I had space

in my schedule and I wanted to do something fun to break the monotony of all my science classes," said sophomore biology major Melissa Schultz.

Edwards said, "I'm really happy that there is snowboarding and skiing going on; last year there was only snowboarding."

She also hopes that this class is a sign of the future at Clarke.

"I'd love to offer more classes like this one," she said. "I'm glad we got it started, the question is where we go from here."

Sophomore elementary education major Lauren Luzeniecki is also in the class, and is enjoying the learning process.

"So far I have learned how to fall, and not very gracefully," Luzeniecki said.

"Honestly I have learned how to go and stop but most of the time it is go, stop, fall."

This class is the first regular physical education class Clarke has offered in a long time. When Edwards taught at UW Madison for several years before she came to Clarke, she said that the school offered around 30 different

types of elective physical education classes and they were always filled to capacity.

Edwards herself taught elective volleyball, basketball, weight training and cross training.

"I would definitely suggest people take this class; it's a fun time," said Schultz. "I can't wait until I can finally board down the hill without wiping out."



Top and left: Snowboarders enjoy the slopes at Sundown Mountain.



Photos are not of Clarke students and are courtesy of Sundown Mountain Resort.

clarke courier

FEBRUARY 9, 2007

Campus Calendar...

February 9-28

"Big Muddy" Exhibit (Quigley Art Gallery)

February 11

1 p.m. "Big Muddy" Reception

February 13

8 a.m. New Orleans Service Trip
Bake Sale

7:30 p.m. Mackin-Mailander Faculty Lecture: "The Relationship Between Human Health and the Environment," Andrew Priest, chair of physical therapy department (Jansen Music Hall)

9 p.m. Hour of Prayer and Exposition of the Blessed Sacrament (Every Tuesday in Sacred Heart Chapel)

February 15

5-6 p.m. Poetry Night: Black Expressions (West Locust Dining Room)

February 20

2-4 p.m. Career Extravaganza, Loras College Alumni Campus Center

7 p.m. Heroes in Black History (Gallagher Lounge)

February 21

Ash Wednesday

February 22-25

8 p.m. Drama Production: "Picnic" (Terence Donahoe Hall)

February 27

7 p.m. Danielle Pierce Memorial Lecture: Living with Multiple Personality Disorder (Jansen Music Hall)

On this day...

by Rachel Ward
Back Page Editor

Birthdays:

1773 - William Henry Harrison (U.S. President)

1951 - Dennis "DT" Thomas (Kool & the Gang)

1963 - Travis Tritt

Miscellaneous:

1895 - Volleyball was invented by W.G. Morgan.

1895 - The first college basketball game was played as Minnesota State School of Agriculture defeated the Porkers of Hamline College, 9-3.

1997 - "The Simpsons" became the longest-running prime-time animated series. "The Flintstones" held the record previously.

Music:

1964 - The Beatles made the first of three record-breaking appearances on "The Ed Sullivan Show."

1998 - Oprah Winfrey announced that Garth Brooks had agreed to donate his earnings from sales from his album "Sevens" for a seven-day period. The money went to "Oprah's Angel Network."



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